



Brown Rice Salad with Apples

 Gluten Free  Dairy Free

READY IN



50 min.

SERVINGS



6

CALORIES



299 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 0.3 cup apple cider vinegar
- 2 celery stalks finely chopped
- 3 cups brown rice cooked
- 1 cup meat from a rotisserie chicken cubed cooked
- 3 tablespoons flat parsley chopped
- 1 apples i use 2 granny smith apples diced
- 0.5 bunch green onions chopped
- 2 tablespoons juice of lemon

- 3 tablespoons olive oil
- 1 bell pepper red chopped
- 6 servings salt and pepper
- 0.5 cup walnut pieces

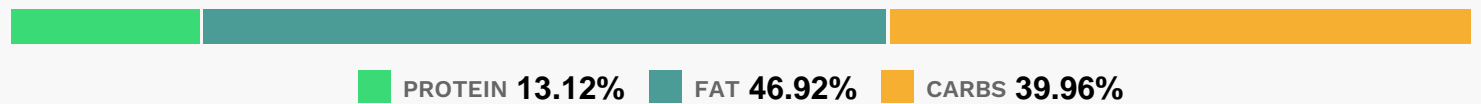
Equipment

- mixing bowl

Directions

- In a mixing bowl, combine cooked rice with all other ingredients. Toss mixture lightly.
- Serve at room temperature or chilled.

Nutrition Facts



Properties

Glycemic Index:45.37, Glycemic Load:12.63, Inflammation Score:-7, Nutrition Score:15.152173970057%

Flavonoids

Cyanidin: 0.74mg, Cyanidin: 0.74mg, Cyanidin: 0.74mg, Cyanidin: 0.74mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.39mg, Catechin: 0.39mg, Catechin: 0.39mg, Catechin: 0.39mg Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg Epicatechin: 2.28mg, Epicatechin: 2.28mg, Epicatechin: 2.28mg, Epicatechin: 2.28mg Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Apigenin: 4.35mg, Apigenin: 4.35mg, Apigenin: 4.35mg, Apigenin: 4.35mg Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg Quercetin: 1.5mg, Quercetin: 1.5mg, Quercetin: 1.5mg, Quercetin: 1.5mg

Nutrients (% of daily need)

Calories: 299.48kcal (14.97%), Fat: 15.86g (24.4%), Saturated Fat: 2.17g (13.58%), Carbohydrates: 30.39g (10.13%), Net Carbohydrates: 26.68g (9.7%), Sugar: 4.49g (4.99%), Cholesterol: 17.5mg (5.83%), Sodium: 216.75mg (9.42%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.98g (19.96%), Manganese: 1.47mg (73.65%), Vitamin K:

43.45µg (41.38%), Vitamin C: 31.92mg (38.69%), Vitamin B6: 0.37mg (18.49%), Vitamin B3: 3.51mg (17.56%), Magnesium: 69.45mg (17.36%), Vitamin A: 843.59IU (16.87%), Phosphorus: 165.52mg (16.55%), Fiber: 3.71g (14.83%), Copper: 0.27mg (13.29%), Vitamin B1: 0.17mg (11.16%), Vitamin E: 1.48mg (9.88%), Zinc: 1.36mg (9.07%), Selenium: 6.27µg (8.96%), Potassium: 280.36mg (8.01%), Iron: 1.43mg (7.92%), Vitamin B5: 0.77mg (7.65%), Folate: 30.45µg (7.61%), Vitamin B2: 0.09mg (5.32%), Calcium: 31.23mg (3.12%), Vitamin B12: 0.07µg (1.13%)